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PAGING DR. OZZY

OSBOURNE TALKS HEALTH IN NEW BOOK

{page 16}

A black and white photograph of Ozzy Osbourne. He is wearing his signature dark sunglasses and has a wide, open-mouthed smile. He is making a 'rock on' hand gesture with both hands, with his index and ring fingers extended. He has long, dark, wavy hair. The background is dark and out of focus.

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Petting. Zoo



► Presley Leclerc, 4, seems apprehensive as she feeds a llama inside the petting zoo on the last day of the Maritime Fall Fair at Exhibition Park yesterday. The zoo was a popular attraction at the five-day fair.

HEATHER GILLIS/FOR METRO

- ▶ It's out of ordinary not to have heard from missing Amber Kirwan, police say
- ▶ Close to 50 people looking for 19-year-old

CONTRIBUTE



► **Amber Kirwan**

► **Amber Kirwan**

● PHILIP CROUCHER/WITH FILES FROM THE CANADIAN PRESS

► Anyone with information on Kirwan's whereabouts is asked to contact police or Crime Stoppers.

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MATCH AND LIGHTER SAFETY

Most fires started by children playing with matches or lighters can be prevented by taking a few simple precautions:

- Children as young as two have started fires with matches and lighters. If you live with children, treat matches and lighters as you would treat a dangerous weapon; store them out of children's sight and reach, up high and preferably in a locked cabinet or container.
- Children have a natural curiosity about fire. Never use matches or lighters as a source of amusement for children; they may imitate what you do.
- If your child expresses curiosity about fire or has been playing with fire respond calmly, not punitively. Explain firmly to your child that matches and lighters are tools for adults to use carefully. Find safe ways for your child to participate in your use of fire. Let them blow out candles, for example, or put charcoal in the grill before you light it. As children get older they can learn how to use matches and lighters safely, but only under adult supervision.
- If you suspect your child is intentionally setting fires or unduly fascinated with fire, get help. In HRM, trained experts can be contacted by calling 490-4017.
- Only use lighters designed with child-resistant features. Remember, child-resistant does not mean child proof.
- Teach very young children to tell an adult if they see matches or lighters. School-age children should be taught to bring matches or lighters to an adult and to remove them immediately from the reach of younger siblings.
- Don't Leave Children Unattended! Unsupervised children can sometimes get their hands on matches and lighters, even if they are well hidden. More than half of all fatal fires started by children involve bedding, mattresses, or upholstered furniture. Never leave matches or lighters in a bedroom or any place where children may go without supervision.
- If you smoke, take responsibility for your matches and lighters and keep them in a safe location.

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Often called the silent killer, carbon monoxide is an invisible, odourless, colourless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil and methane) burn incompletely. In the home, heating and cooking equipment that burn fuel can be sources of carbon monoxide.

Carbon Monoxide (CO) alarms should be installed in residential occupancies that also contain a fuel-burning appliance or have an attached storage garage. The CO alarm should be mechanically fixed at a height recommended by the manufacturer.



Harriestfield Family, saved by a C/O Detector in 2009 - During a Reception at the Local Fire Hall

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Mayor swims in silence but keeps his promise

► Peter Kelly says a few other people were also in the water at Dingle Beach yesterday ► The mayor vows to take a dip again in 2012



► Mayor Peter Kelly splashes in the water at Black Rock beach in this file photo from September 2010.

ALY THOMSON
HALIFAX@METRONEWS.CA

Mayor Peter Kelly finally made good on a promise yesterday, making an impromptu plunge into the harbour.

But few people were probably discussing the dip over Thanksgiving dinner. Unlike previous times, Kelly didn't publicize the event, or even tell anyone it was happening until he tweeted a photo of himself in the water at Dingle Beach yesterday around 5

p.m.

"I thought if it was a warm weekend, I would try to honour the agreement," Kelly said yesterday of what has become his annual commitment to swim in the harbour. "I was between events and had a couple hours so I thought I would give it a try."

In 2010, Kelly's swim was pushed to Sept. 1 because of rain and scheduling. He said this year, time simply slipped away.

"There was just a lot of events on and it never got

3

The number of times Mayor Peter Kelly has swum in the harbour since 2008.

to that point. But I said I would honour the commitment and it was an opportunity to do so."

Kelly said he waded in the water for about 10 minutes, and despite the unseasonably warm weather, the water was cold.

"It's certainly one way to

cool off on a warm day ... but you certainly get a jolt of reality that it really is fall and not summer."

Kelly didn't don the trunks in 2009 as harbour beaches were closed when the Halifax sewage-treatment plant flooded in January of that year, costing \$10.9 million in damage, mostly recovered through insurance.

His first swim was in 2008 at Black Rock Beach, a widely publicized event meant to prove the sewage treatment was working and the water was safe.

Cab driver assaulted on patrol

A taxi driver was assaulted with a wooden pole over the holiday weekend in Dartmouth.

At about 9:30 p.m. on Sunday, the 45-year-old driver was making a pick-up on Stone Avenue in Dartmouth.

As the driver waited on the street, police said two males approached his vehicle from the rear. One of the males was holding a long wooden pole and began hitting the car, smashing the driver-side window.

After attempting to hit the driver, the pole broke and the driver was able to grab a piece to defend himself. The suspects fled on foot and have not yet been located by police. ● METRO

Man's face cut with knife in bus assault

Police say a man was assaulted with a knife on a bus in Dartmouth on Sunday evening.

At 7:15 p.m., police responded to a disturbance on a Metro Transit bus in Dartmouth Crossing. Police say there was a confrontation outside the bus between two groups, which continued when both groups got onto the bus.

A 35-year-old man received cuts to his face after he was assaulted by two young males.

Police recovered a knife at the scene. ● METRO

1

news


Not all economic crises are created equal, Allan Small says, and the current market decline is not the same as what happened in 2008. Scan code for more.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

Tomorrow in Metro:

Zombies are invading! Pick up tomorrow's edition to learn everything you need to know about the brain-eating undead, so that you'll be prepared if and when they come to your city.

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Fall weather to give thanks for

- ▶ Weekend temperatures about 10 C above seasonal
- ▶ Sun in forecast again for today and tomorrow

HEATHER GILLIS
HALIFAX@METRONEWS.CA

With a not-so-hot summer behind us, many Haligonians could be thankful for at least one thing this Thanksgiving weekend — fantastic fall weather.

"These really warm days are kind of odd in October, so why not take advantage of them," said Kate Hazell while studying and soaking up the sun on Citadel Hill yesterday.

And take advantage they did.

On the other side of Citadel Hill, near the Garrison Grounds, Dalhousie University students Alex



▶ A woman enjoys the sun on Citadel Hill yesterday.

Kirolas and Sam Maize said they were taking advantage of the weather while they practised slacklining — a balancing sport similar to tightrope walking.

Temperatures over the

weekend in HRM peaked at 25.5 C on Sunday.

According to The Weather Network, that is about two degrees less than the month's record temperature of 27.8 C, set in 1946.

The average daytime temperature for the month of October is about 9 C, about 5 C cooler than what it should be right now.

The great weather brought lots of people out to Maritime Fall Fair at Exhibition Park yesterday.

In fact, Sallie McDonald said the good weather changed her family's Thanksgiving dinner plans.

"We did all the cooking inside, but ate outside," she said with a laugh.



▶ Sam Maize, a Dalhousie University student, practises slacklining — a balancing sport similar to tightrope walking — near Citadel Hill yesterday.

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THEFT

Handgun pointed, television stolen

Halifax Regional Police are investigating a robbery on Sunday evening that saw a television stolen from a residence while the victims looked on.

Shortly after 10 p.m., two suspects entered the residence on Walter Havill Drive in Halifax with four males inside. One of the suspects allegedly flashed a handgun and then proceeded to take the television.

Police say the robbery wasn't a random act, because the victims knew one of the suspects.

No one was injured during the incident and there have been no arrests.

● METRO

Surprised teenagers sprayed in the face

Two 15-year-old boys were sprayed in the face with an irritant while walking in Spryfield on Sunday night.

At about 8:10 p.m., police say the pair was walk-

ing on a poorly lit trail in the area of Herring Cove Road and Sussex Drive when they were approached by an unknown person and sprayed in the face with an irritant.

The teens ran to a local restaurant where they were treated by emergency services for minor injuries.

There have been no arrests.

● METRO

Show has an eye for talent

JEFF I. MITCHELL/GETTY IMAGES



► Could the next Susan Boyle, shown here in a December 2010 photo in Scotland, come from Halifax as part of the Canada's Got Talent auditions?

► Canada's Got Talent coming to Halifax on cross-country search

ALY THOMSON
HALIFAX@METRONEWS.CA

Television executives will find out today and tomorrow if Halifax has talent.

Auditions kick off at 8 a.m. at the World Trade and Convention Centre for Canada's Got Talent, a countrywide search for amazing acts.

Ed Robinson, an executive producer with the show airing in March, said he's expecting to see some talented acts, reflecting the region's "musically rich culture."

"The Maritimes have always been a great source of talent, and I expect nothing less when we're here," he said yesterday.

Two weeks ago, 1,600 people were registered to audition, about the same

"You never quite know what surprise awaits you when the doors open."

ED ROBINSON,
CANADA'S GOT TALENT

number as some of the larger audition cities like Montreal, said Robinson.

If you're not registered, not to worry. Robinson said walkup auditions are welcome. He said the process takes about three to four hours.

Since starting the tour in early September, the search has seen everything from singers to fire breathers and stunt motorcyclists.

Halifax is the last stop on the cross-Canada search, but the production will return in January for call backs.

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2285 Gottingen Street, Halifax |
| October 17 | Scam Savvy – Preventing Fraud & Identity Theft
Alive Christian Church
28 Willett Street, Fairview |
| October 19 | Seniors' & Personal Safety
St. Margaret of Scotland Anglican Church
3761 Robie Street, Halifax |

Meetings start at 6:30 p.m. All are welcome! Please call 490-5063 if you require special accommodations.

Can't make these sessions? Visit
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for a complete list of topics and dates.



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THE CANADIAN PRESS



► MV Miner ran aground off Scatarie Island on Sept. 20.

Ship not leaking fuel: Official

► N.S. estimates costs associated with removing vessel could hit \$24 million if ship breaks up

A badly damaged bulk carrier stranded off Cape Breton does not appear to be leaking any fuel or oily waste water, the province's Environment Department said over the weekend.

The MV Miner broke free while being towed last month and ran aground off Scatarie Island, a provincially designated wilderness management area.

There have been repeat-

ed attempts to free the 230-metre retired freighter, but the vessel won't budge.

Provincial spokeswoman Karen White said a team of provincial and federal officials conducted an assess-

ment of the shoreline Saturday.

She said the group did not see any fuel or oily water coming from the vessel.

"At this time, we don't have any concerns about

any potential environmental impacts on the shoreline from the vessel, but we're continuing to monitor this," White said in an interview.

THE CANADIAN PRESS

Man convicted in stabbing of his father

A Nova Scotia man has been convicted of attempted murder in the stabbing of his father last spring.

Robert Charles Rogers of Yarmouth County was also found guilty late Friday of aggravated assault and assault with a weapon in the May 5 incident in Summerville.

Charles Rogers, 68, was stabbed in the throat in his home and almost died.

His 49-year-old son will be sentenced on Dec. 9.

The father testified during the five-day trial that his son stabbed him in an unprovoked attack as he

Verdict

► The Nova Scotia Supreme Court jury deliberated for about nine hours before returning the verdict.

was sleeping on the couch.

But Robert Rogers said he had to defend himself when his father came at him with a gun.

He claimed that after he got the gun away from his father, he shoved him and his father cut himself after falling over a coffee table.

THE CANADIAN PRESS

News in brief

Teachers accept new contract

WAGES. Nova Scotia's 10,000 public school teachers have accepted a new two-year contract with wage increases of one per cent in each year.

The Nova Scotia Teachers Union says 63 per cent of those who voted were in favour of the deal, which was reached two weeks ago.

About 78 per cent of its members cast ballots.

The last contract expired on July 31, 2010.

The new contract also commits the Education Department and the union to forming a joint committee to look at workload issues. **THE CANADIAN PRESS**

CONTRIBUTED



► Adam Atkinson

Missing man returns to hospital

Police say a man reported missing from a Halifax-area hospital last month has returned to the facility.

Adam Atkinson had last been seen Sept. 19 after leaving the East Coast Forensic Hospital on a pass.

The 24-year-old was reported missing the following day when he failed to return as required.

At the time, police said Atkinson required medication and was potentially a risk to himself or others without it.

THE CANADIAN PRESS

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Boat sinks during family fishing trip

► Rescued women wanted to know, 'Where are our husbands?': Coast guard ► Treated for hypothermia

Seven members of a U.S. family, including a four-year-old girl, survived 20 hours at sea by clinging to their capsized boat and a small cooler after their vessel flipped during a fishing trip off the Florida Keys, officials said yesterday.

A 79-year-old mother of two of the rescued boaters, Zaida San Jurjo Gonzalez, was missing and presumed drowned.

The other women told rescuers they didn't have time to grab life jackets for anyone except the girl when two waves suddenly flipped the boat off Long Key in choppy, rainy waters Saturday afternoon, U.S. Coast Guard Seaman Kendra Graves said.

Warnings

It wasn't clear if the boaters were aware of a small-craft advisory posted early Saturday.

- The advisory had warned of wind speeds of 37-61 km/h and seas 2.1 metres or higher as torrential rains poured over the Keys and South Florida.
- "They shouldn't have been out there," said Robert Dube, a spokesman for Florida Fish and Wildlife.

Jorge Alejo Gonzalez and the two other men tried to help his mother, but she went under the water within minutes, said Florida

Fish and Wildlife Spokesman Robert Dube.

"He could not hold onto his mother and she went under," Dube said.

The boaters quickly drifted apart. The men held on to the boat. The three women and the girl clung to the cooler.

A commercial fisherman saw the capsized boat Sunday morning and rescued the men, Dube said. The women and girl were soon picked up by the Coast Guard, several miles from where the boat had capsized. "They were hanging onto the cooler. It was afloat but its main purpose was to keep them together," Graves said.

THE ASSOCIATED PRESS

Street. Stomp



► Thai mahouts ride their elephants through flooded streets yesterday in Ayutthaya, Thailand. Around 200 factories closed in this central province because of flooding, which is also posing a threat to Bangkok.

PAULA BRONSTEIN/GETTY IMAGES

Bangkok barricaded as floods near

Thai authorities are rushing to build sandbag barricades in Bangkok to protect it from floods that have already killed nearly 270 people across the country.

Hurricane threatens Mexico resorts

Hurricane Jova strengthened to a major Category 3 hurricane yesterday as it marched toward Mexico's Pacific coast, threatening

the idyllic beach resort of Barra de Navidad and one of the nation's biggest cargo ports.

THE ASSOCIATED PRESS

201 Hurricane Jova's maximum sustained winds built to nearly 201 km/h yesterday.

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Maritime Hall
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THEME: DESIGN PRESENTATION

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U.K. going after forced marriages

British move outlined alongside measures to cut immigration rates

Forcing someone into marriage could be made a criminal act under possible changes to British law, Prime Minister David Cameron said yesterday.

Alongside moves aimed at cracking down on sham marriages used to cheat immigration rules, Cameron said he has asked interior ministry officials to discuss creating a new offence aimed at those who force people to marry against their will.

Currently, a potential victim of forced marriage can apply to a court for a protection order, which is intended to stop intimidation or violence and prevent someone from being sent overseas.

Although anyone breach-

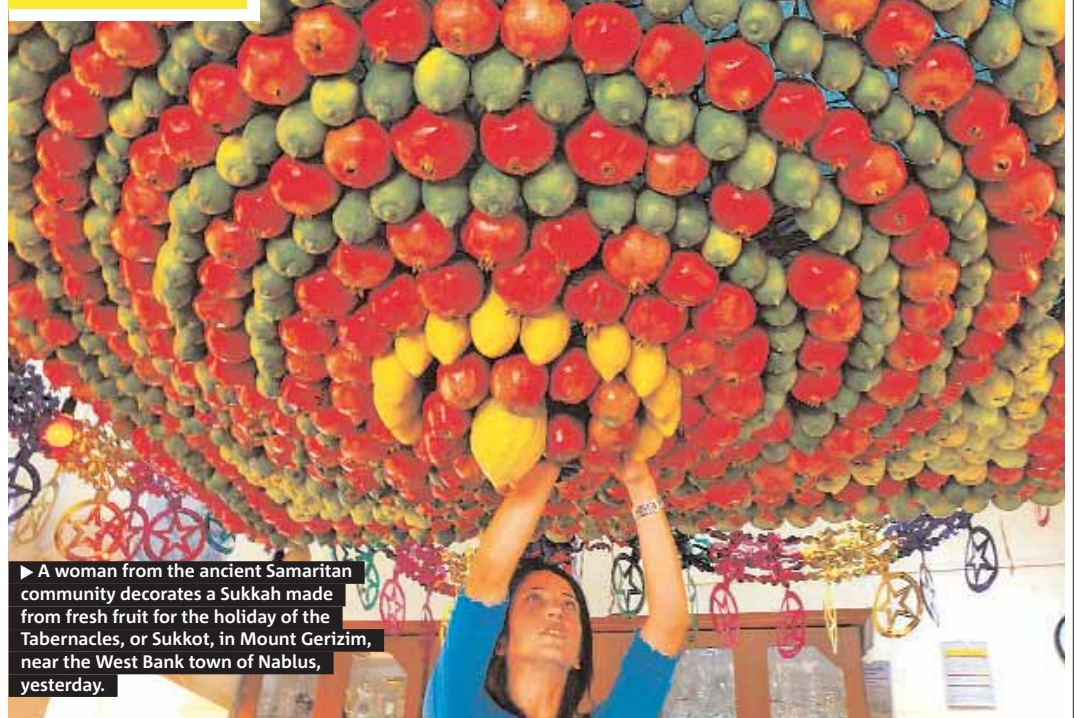


"To force someone into marriage is completely wrong."

DAVID CAMERON, BRITISH PM

ing the order can be jailed for two years, the sanction is made under civil — not criminal — law and is rarely imposed. **THE ASSOCIATED PRESS**

Sukkah. Celebration



► A woman from the ancient Samaritan community decorates a Sukkah made from fresh fruit for the holiday of the Tabernacles, or Sukkot, in Mount Gerizim, near the West Bank town of Nablus, yesterday.

NASSER ISHTAYEH/THE ASSOCIATED PRESS

Keeping ancient Samaritan traditions alive

The Sukkah is a temporary structure built for the Jewish holiday Sukkot, which the Samaritans will celebrate this morning. According to tradition, the Samaritans are descendants of Jews who were not deported when the Assyrians conquered Israel in the 8th century B.C. Of the small community of around 700 people, half live in a village at Mount Gerizim, and the rest in the city of Holon, near Tel Aviv.

Egyptian military promises action after Copts are attacked

Egypt's ruling military yesterday condemned a surge in deadly violence as an attempt to undermine the

state, and warned it will act to safeguard the peace following a night of clashes that drew in Christians,

Muslims and security forces.

The generals' strong words signalled the gov-

erning military council will tighten its grip on power, further infuriating activists who have de-

manded an end to army rule and a transition to democracy.

Egypt's Coptic church

harshly criticized the government for its actions in crushing the protests.

THE ASSOCIATED PRESS

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Leaking ship spawns eco fears

- ▶ Around 30 tonnes of oil have seeped into waters off New Zealand
- ▶ Crews trying to prevent another 200 tons from polluting area beaches

Forecasts of heavy ocean swells yesterday thwarted marine crews trying to pull oil from a leaking ship stuck on a reef off New Zealand's coast, as fist-sized clumps of the fuel started turning up on a popular surfers' beach.

The Liberia-flagged Rena has been floundering since it ran aground last Wednesday on the Astrolabe Reef,

about 22 kilometres from Tauranga Harbour, and the government has demanded to know why the ship crashed into the well-charted reef in calm weather.

The ship owner says it is co-operating with authorities in looking into the incident. The 236-metre ship has been leaking fuel, leading to fears it could cause an environ-

mental disaster.

Because it's a cargo ship rather than an oil tanker, any spill would be small in comparison to disasters like the 1989 Exxon Valdez spill. But because the Rena is close to shore, the oil could still foul delicate estuaries in an area known for its pristine environment.

THE ASSOCIATED PRESS

The situation

- ▶ About 200 people are working on the operation, and New Zealand's defence force has about 300 people standing by.
- ▶ At least eight sea birds have been rescued from an oil slick that extends about five kilometres from the boat.



▶ This little blue penguin was found at Papamoa Beach, New Zealand, covered in oil after the Liberian cargo ship Rena hit a reef.



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California spikes public gun-toting

► Firearm advocates and most Republican lawmakers oppose legislation, saying it targets law-abiding citizens

California became the fifth state to prohibit openly carrying handguns in public after Gov. Jerry Brown announced yesterday that he had signed the ban into law amid heavy opposition from gun enthusiasts.

The law, by state Democratic Assemblyman Anthony Portantino, makes it a misdemeanor to carry an exposed and unloaded gun in public or in vehicles, with violators facing up to a year in prison or a potential fine of \$1,000 when the law takes effect on Jan. 1.

Portantino said the bill is an opportunity to prevent tragedy before it happens.

"It's not if somebody is

Five U.S. states

The Brady Campaign, which sponsored the legislation, said California joins Florida, Illinois, Oklahoma and Texas as the only states to ban openly carrying handguns. It said 33 states, including Pennsylvania, Michigan, Louisiana and Colorado, do not prohibit open carry. Twelve states, including South Carolina, Tennessee, Minnesota and Massachusetts require permits for open carry.

going to be shot, it's when somebody is going to be shot," he said. "We have the opportunity to avoid

that, and that's why this is so critical."

He said law enforcement officials have been concerned about the proliferation of guns in public and the tense situations that arise when someone sees another person carrying a firearm in public.

He said the encounters can escalate quickly because others don't know whether the gun is loaded or unloaded.

One of the first rules of firearms safety is to always assume a weapon is loaded. "Main Street California is not the Old West, and you don't need a gun to buy a cheeseburger," Portantino said.

THE ASSOCIATED PRESS

Marathon. Baby



► Amber Miller of Westchester, Ill., holds her baby at Central DuPage Hospital in Winfield, Ill., yesterday.

MARK BLACK/DAILY HERALD/THE ASSOCIATED PRESS

A running start to life

A pregnant suburban Chicago woman felt contractions a few minutes after finishing the Chicago Marathon and gave birth hours later to a baby daughter. Amber Miller was nearly 39 weeks pregnant when she started the 42-kilometre race on Sunday morning.

Fire crews find body in home full of junk

Fire crews have found a body in a Vancouver home that was so packed with clutter they couldn't get safely inside to put out the flames.

The home caught fire early Sunday, and crews rushed to extinguish the blaze but could only pour water on it from the outside.

When they were finally able to use heavy equipment to dismantle the home and look inside, they found a victim.

Fire Capt. Gabe Roder says the coroner has completed an initial examination and determined the victim is a man.

Roder says the fire is not considered suspicious, although its cause will remain undetermined because of extensive damage. THE CANADIAN PRESS

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WHAT'S IN A MAIDEN NAME?

SHE SAYS ...

JESSICA NAPIER
METRO



I used to hate my surname. I would groan every time I had to explain that no I am not French and it's pronounced NAY-pee-ur not NAAAA-pee-er. As a child I longed for a simple last name, something solid and sensible like Barber or West. But as time went on, I grew to love my slightly unusual moniker. My name has been with me for 26 years and I'm not quite sure that I'll ever want to give it up.

And yet, I know plenty of women who are more than happy to abandon their surnames the moment they tie the knot.

Every weekend, a growing number of strangers populate my Facebook news feed as each new bride eagerly adopts her husband's name.

Many modern women wrestle with the name-change debate in the months leading up to their nuptials.

Relinquishing your maiden name is hardly the marriage prerequisite it once was, but it still seems to be the cultural norm here in Canada.

"And for the really cynical folk, keeping your maiden name might be the all too obvious choice when you consider the depressing likelihood that your one true love will end up in divorce court."

Some argue that a shared name for both partners builds a cohesive family unit and helps avoid the inevitable conflict over children's names. Plus there's the added bonus of never having to defend yourself against nosy in-laws and acquaintances who just can't understand why you don't want to use your "family name."

Sure there are plenty of reasonable arguments for ditching your surname for his, but isn't this tradition a bit archaic? I can't help but feel like there's a lingering sense of ownership

surrounding the whole thing.

I shudder when I hear a newly-wed couple introduced as Mr. and Mrs. His First and Last Name, as if a change in marital status has resulted in the dissolution of her entire identity.

But let's forget the feminist unease for a moment. Taking your husband's name is also an enormous bureaucratic headache. Changing your name on all of your official documents — passport, driver's licence, health card, credit cards — means lengthy line-ups, stacks of paperwork and a lot of hassle.

And for the really cynical folk, keeping your maiden name might be the all too obvious choice when you consider the depressing likelihood that your one true love will end up in divorce court.

Ultimately, it's a very personal decision and there's really no right or wrong choice — only what's right for you. Unless you've decided to go with a hyphenated compromise. Excellent in theory, but individuals with multiple surnames always end up sounding a bit too much like law firms.

Read more of Jessica Napier's columns at metronews.ca/shesays



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Can Apple survive without Steve Jobs?

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36%

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VISIONARY IS
GONE.

Letters

Please if you live in an apartment building and you start to notice another apartment's cat's litter box — even if the smell is only faint — please ask the superintendent to check on them.

Or if it is a house, ask the police to check on the owners. The owner may have been in an accident and is unconscious in ICU and has been unable to contact someone to take care of his cats. Or the owner might be lying there hurt or even deceased. Or the owner might have just moved out and abandoned his cats. There are many possibilities. If you take action while the problem is small you will save the lives of the cats because you have set things in motion to have the cats taken care of. For example, if the owner is in hospital you could feed the cats — or maybe the superintendent could. Or you could temporarily take the cats into your care until the owner gets better. If this is not possible, contact a cat rescue organization about emergency temporary foster care. If it is a case of abandonment you can contact a cat rescue organization or the SPCA so they can take the animals.

JENNY TAKE
HALIFAX

Gourd. Champ



► Leonardo Urena celebrates after his pumpkin won this year's Half Moon Bay giant pumpkin contest in Half Moon Bay, Calif. yesterday.

PAUL SAKUMA/THE ASSOCIATED PRESS

Photo of the day The award-winning pumpkin weighed 1,704 pounds, making it a new California record. The circumference was 195 inches.

WEIRD NEWS

Fighting evil lands superhero in handcuffs

Instead of the bad guys, it was Seattle's most prolific self-styled superhero that ended up in handcuffs.

Police officers arrested the 23-year-old man who calls himself Phoenix Jones early Sunday after he was accused of assaulting several people with pepper spray. He was booked in county jail on four counts of assault, with arraignment set for Thursday, police said yesterday.

Jones, who wears a black mask with yellow stripes and a bulging muscle bodysuit, said he was only trying to stop a street brawl.

"Just because he's dressed up in costume, it doesn't mean he's in special consideration or above the law. You can't go around pepper spraying people because you think they are fighting," said Seattle police spokesman Det. Mark Jamieson.

Jones has been the most public face of a group of vigilante crime stoppers to show up in Seattle in the last couple of years. His exploits have garnered much media attention, and he's had a camera crew trailing him in recent months.

Peter Tangen, a volunteer spokesman for Jones, said yesterday that police didn't have any interest in the alleged incident, but rather have an agenda against the masked crime fighter.

"They're on a mission to stop Phoenix Jones from what he's doing, which is legal," Tangen said.

THE ASSOCIATED PRESS



▶ Evie, a chatbot avatar that uses the Cleverbot software.

Man's next best friend

- Virtual humans are considered 'cheaper' and 'more consistent'
- Chatbots are mainly used as customer service representatives

ELISABETH BRAW
HALIFAX@METRONEWS.CA
METRO WORLD NEWS IN LONDON

She's everyone's favourite friend. Always there. No issue is too silly to discuss, and she always has kind, witty or unexpected answers.

That's because she's a computer. More precisely, she's a virtual human (nickname: Cleverbot), a computer program designed to mimic humans and interact with them. "They (people) talk to her for hours, and then they email me and say 'Wow, that was the best conversation I've had today,'" says her creator, Rollo Carpenter, a British computer scientist.

Welcome to a world where virtual and real humans mix seamlessly.

"In the past, chatbots were only able to answer simple questions, but they're getting smarter,"

explains Erwin van Lun, CEO of Chatbots.org.

To pass the industry benchmark, known as the Turing Test, a virtual human has to be so convincing that the user can't tell she's not a real person.

And virtual humans are becoming more human-like. Earlier this month Apple introduced Siri, a voice-recognition system that functions as an iPhone user's virtual assistant, scheduling appointments, looking up restaurants and providing gentle reminders all inside the iPhone.

In the future, predicts Carpenter, Siri-like virtual assistants will be our friends.

"We may even have them implanted as a chip in our brains," he says. "You'll just be able to say, 'What was that movie I saw the other night?' and your friend inside your brain will tell you."

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
11,588.36 (Friday's close)	96.31¢ US (Friday's close)	+ \$2.43 US (\$85.41 US)	\$3.541 (+ 6.0¢)
			Gold \$1,670.80 (+ \$35.00)

Markets in Canada were closed yesterday for the holiday.

Netflix scraps streaming split

Netflix Inc. is abandoning its widely panned decision to separate its DVD-by-mail and Internet streaming services on a new website called Qwikster because it

would make them more difficult to use.

Subscribers will be able to use both services under one account and one password, CEO Reed Hastings said yesterday in a blog.

Investors saw the reversal as an Oscar-worthy move, sending the stock up \$8.63, or 7.4 per cent, to \$125.84 in morning trading after rising as high as \$128.50. **THE ASSOCIATED PRESS**

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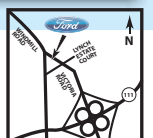


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Box office



Boxing robots are the undisputed champions at the weekend box office. According to studio estimates Sunday, Hugh Jackman's *Real Steel* debuted at No. 1 with \$27.3 million. George Clooney's political saga *The Ides of March* was the runner-up, opening at No. 2 with \$10.4 million. *Dolphin Tale* slipped to No. 3 with \$9.2 million.

THE ASSOCIATED PRESS



Father of Amy Winehouse has memoir due next summer.

Vanasse goes global

- ▶ Quebec actress Karine Vanasse has her eye on the big-screen English language market
- ▶ Roles in Canadian indie film *I'm Yours* and ABC's *Pan Am* are turning heads outside Quebec

Already established in her home province of Quebec, francophone actress Karine Vanasse set her sights on launching a big screen career in the English-language market and beyond.

She found an agent to help her break into English Canada and the United States and scored her first anglophone leading role outside Quebec with the upcoming low-budget Canadian indie film *I'm Yours*.

But the lanky brunette says it's a small-screen role on the big-budget ABC series *Pan Am* that's proving to be the real key to her bid for global stardom, noting that early international sales have already introduced her to audiences overseas.

"I did a movie in France last (year) ... and they already knew about *Pan Am* — it's been sold everywhere in the world," said Vanasse, whose Canadian film credits include 2009's *Polytechnique* and the just-released bilingual comedy *French Immersion*.

"Hopefully the show will work internationally and if it allows me to have a more international career... it's great to see that's possible."

The vast overseas market for North American TV offers a lucrative launching pad for actors hoping



▶ Francophone actress Karine Vanasse says her role in ABC's *Pan Am* is proving to be the key to her bid for global stardom.

to be known for more than just small-screen characters, said Elisha Cuthbert, the Canadian star of ABC's *Happy Endings*.

The Calgary-born actress says that's why she's just as concerned about cultivating a foreign following for her ensemble sitcom as she is about netting solid U.S. ratings.

"On a worldwide scale as opposed to just the United States — which is a huge deal — I would think that our international ap-

peal is more important," Cuthbert said in a recent interview while promoting the U.S. series, which airs on Citytv in Canada.

She pointed to the global impact of her long-running spy serial *24*, which scored a healthy international fanbase with its mix of political espionage and family drama.

"24 is what I can kind of relate to — that being such a worldwide success, it opened up the doors to do film (and was) useful in

selling smaller films on an international scale," said Cuthbert, whose big screen vehicles have included *The Girl Next Door*, *House of Wax* and *Old School*.

"I do not underestimate the power of the world seeing the show and liking it and enjoying it because it does definitely make it a lot easier to go out and do other projects."

"The more countries we're in, the better all around."

Indications are that the foreign sales market is booming. Last month, Time Warner CEO Jeff Bewkes predicted his company would double overseas business in four years as its pay TV networks and shows become more broadly distributed.

And the most recent gathering of MIPCOM, an annual industry event in Cannes geared toward program sales to large European broadcasters, saw a growing prominence of digital platforms hungry for North American content.

Mad Men star Jon Hamm said he was astounded to learn of his show's reach when he went on a press tour last year to France and Germany.

"I think we're in something like 70 countries or something, I don't know the exact numbers but it was eye-opening to me because I was like, 'Holy cow, Turkey! Really? Awesome. Israel? Great,'" Hamm said during a recent stop in Toronto to promote a big-screen romantic dramedy, *Friends With Kids*.

"That's kind of the world that we live in obviously — that entertainment is global now."

"It's not specifically one territory or another, necessarily."

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The Tree of Life

Genre: Drama

Director: Terrence Malick

Stars: Brad Pitt, Sean Penn, Jessica Chastain

🌐🌐🌐🌐

Think of it as a grand song, poem, prayer or even chant, but don't approach Terrence Malick's *The Tree of Life* as just another movie. It aspires to be far more than that, and it gloriously succeeds.

The film is nominally based around a troubled 1950s family in Waco, Texas, headed by an angry, disillusioned father (Brad Pitt), who is married to a sweet, naïve mother (Jessica Chastain). The O'Briens have three rambunctious sons, including elder lad Jack (bright new face Hunter McCracken), played as an adult by Sean Penn.

You also shouldn't expect a conventional narrative. *The Tree of Life* unfolds, rather, in a cascade of images that's closer to epic verse. In scenes ranging from the creation of the universe to an idyllic moment with dinosaurs on earth, Malick challenges the viewer to understand how humans — wrestling with nature versus grace — are just part of a much grander scheme.

Malick's new masterpiece crosses the boundaries of the picture frame and heads straight for the imagination — a journey we all must take.

There are no extras in this DVD release, but talk persists of a future special edition. **PETER HOWELL**

Horrible Bosses

Genre: Comedy

Director: Seth Gordon

Stars: Jason Bateman, Charlie Day, Jason Sudeikis

🌐🌐🌐 1/2

Best buddies Nick (Jason Bateman), Dale (Charlie



► Horrible Bosses

Day) and Kurt (Jason Sudeikis) just want to make a few bucks, get drunk and get laid. But they've all got horrible bosses who have driven them to desperate measures.

Dental assistant Dale is being sexually abused by his randy dentist boss, Dr. Julie, played by Jennifer Aniston, who has never been funnier. Kevin Spacey is truly hateful as psycho financier Dave, and Colin Farrell is hilarious as coke-snorting chemical heir

Bobby.

But how should the put-upon wage slaves get rid of

their loathsome overseers? Before you can say Mother—er, along comes murder consultant Dean Jones (Jamie Foxx) to help them plot their dastardly deeds.

Director Seth Gordon and a trio of writers keep the viewer guessing about the ultimate outcome of the murder plots, no small feat in a laughier as broad as this one. (So much scenery is chewed you'd think the set was beset by a plague of locusts.) This isn't murder most foul, but most fouled up.

● PETER HOWELL



► The Tree of Life

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Hank has his say in song

► Williams Jr. writes new verse to his Are You Ready For Some Football? theme in reaction to it being dropped from Monday Night Football

Hank Williams Jr. is about to have his say.

Williams' has cut new song I'll Keep My ..., calling out Fox & Friends and ESPN after an interview last week on the Fox News talk show led to the end of his association with the sports network and Monday Night Football, long home to his Are You Ready For Some Football? theme.

He's also scheduled to appear on The View and Hannity on Tuesday to discuss the uproar that sprung up after he made an analogy that President Barack Obama and House Speaker Rep. John Boehner

golfing together was like Nazi leader Adolph Hitler and Israeli Prime Minister Benjamin Netanyahu playing a round.

ESPN decided to pull Williams' intro from last Monday's MNF telecast after the comments and the move became permanent Thursday when both sides said they'd decided to pull the spot. Williams wrote the topical third verse of I'll Keep My ... when he woke up Friday morning and he and a group of players laid it down in a Nashville studio by Friday afternoon. It could be on iTunes late Monday or early Tuesday. In

the song Williams, son of country music icon Hank Williams, says Fox & Friends hosts twisted his words: "So Fox 'n Friends wanna put me down/Ask for my opinion/Twist it all around." He finishes the verse: "Well two can play that gotcha game you'll see."

Early in the song, he says the U.S. is "going down the drain" and says it's becoming "The United Socialist States of America." He mentions keeping Fox & Friends and ESPN out of your home toward the end of the song.

Williams' comments last Monday drew unlikely reac-

tions with many commentators and comedians coming to his defence, claiming ESPN was infringing on his right to free speech. His defenders included the left-leaning Whoopi Goldberg and Joy Behar of The View and Jon Stewart of The Daily Show and on the other side of the political landscape Sarah Palin and Rush Limbaugh.

The brouhaha prompted Williams also to start selling Hank Jr. for President T-shirts on his website.

Williams theme song has been part of MNF since 1989.

THE ASSOCIATED PRESS



► Hank Williams Jr.

WE'RE CLEARING OUT ALL REMAINING

The doc is in

► The Prince of Darkness dispenses his own brand of medical advice ► Talks about his fear of germs



PAT
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Ozzy Osbourne may be the last person you'd turn to for medical advice or psychological counselling, but hundreds of fans have thought otherwise, as hard rock's most affable singer recently opened himself up to answering questions for his brand new book, Trust Me, I'm Dr. Ozzy.

The book is a perfect mixture of this bat-chomping tongue-in-cheek answering and sincere advice from one who has gone off the rails on a crazy train and lived to tell about it. But one thing Osbourne usually defaults to, in both conversation and in the book, is the phrase, "Go see a f—ing doctor!"

After reading your first book, I Am Ozzy, last year, it was amazing to watch the transition from somebody who spent a lot of time talking about feeling so alienated

growing up to somebody who is comfortable dispensing medical advice to the masses.

I don't prescribe things to do with medication, or whatever. It's basically common sense. For instance, one guy wrote in and said, "I've just been prescribed this medication, and it says, 'Avoid alcohol when taking this medication,'" and he goes, "What should I do?" ... I say, "Well, either you're a dummy or you do what the bottle says!" ... Most of it is common sense, but every now and again people go, "I can't tell the doctor about this, he'll think I'm stupid." That's what they're there for!

Maybe it's the anonymity of writing to Dr. Ozzy?

Yeah, but the doctor isn't gonna go, "Oh, we've got one here who has got a pimple on his butt the size of ... a dollar bill! Come on in here!" Doctors have

seen far more crude things than I ever have and ever want to.

How do you decide when you're answering these questions if you're going to be silly or serious?

It depends on the question. ... One guy goes "I'm constipated. I can't go to the bathroom." I just go, "You wrote me asking me about your constipation. If nothing works, you should really go to your doctor."

In this book, there is definitely a lot of stuff about, how did you phrase it? Going to the bathroom.

Oh yeah. I suppose the general public has a fetish with sh—.

I was surprised to learn how much of a hypochondriac you are.

Oh, I'll catch a disease off the TV. If you scratch your nose more than once, I'm sitting there scratching my nose.



► Ozzy Osbourne has opened up to answering medical questions in his brand-new book, Trust Me, I'm Dr. Ozzy.

Ask the doctor

I thought I'd pose to Ozzy the same questions that were also asked to therapist and columnist Jonathan Alpert. Try to guess who answered what.

- Is it normal that my cat is my best friend?
- A) No, but if your cat is your best friend, great. He won't steal from you. He won't rip you off.
- B) Depends. If your friendship with your cat prevents you from developing human ones, then no, it's not normal.
- Is it normal that I forget peoples' names and often can't remember where I parked my car?
- A) Yes, it's normal. If, though, it's happening more and more then see your doctor. Stress can lead to forgetfulness. Do your best to manage it and stay organized.
- B) My short-term memory is terrible. I'll go, "I put my watch down here, where ... did I put my watch?" Or if I'm holding something I'll go, "Where did I get this ... brush?" And I'm holding the f—ing thing.

Answers: 1) A=Ozzy, B=Alpert
2) A=Alpert B=Ozzy, obviously

Lights sheds lustre

► Singer takes gritty approach to sophomore album

The synth-pop songbird known as Lights — whose career began with a charmed run that included a gold-selling debut and a Juno statuette — has had to

go to battle over the content of her second record, *Siberia*, released this week. The gritty CD represents a departure for the Timmins, Ont., native, whose

past catalogue was as scrupulously polished as a politician's image. Her U.S. record label declined to release the album (it will come out on indie Last

Gang Records south of the border) and some fans were turned off by the transformation, but Lights beams with pride as she discusses her artistic evolution.

"It's a weird place to be when you're making a second record," she said this week in an interview at a Toronto rock club.

"For me, it was kind of a make or break situation,

because it's like, am I either going to give people the same thing and establish that that's what I'm going to do for the rest of my life, or try something completely different and maybe shake it up a little bit but make a record I really love.

"It was a scary place to be. I had to shed all those expectations of the way that I — and other people — wanted it to sound."

And, of course, fiddling with that formula was so scary primarily because the old mixture seemed to be working.

Lights — nee Valerie Anne Poxleitner, but she changed her legal name to reflect her luminescent handle — began making a name for herself years ago in her adopted home of Toronto, combining her fluttering voice and slick keyboards for a series of radio-ready, feather-weight pop ditties.

She won the Juno Award for best new artist before

she'd released her first full-length record, a harbinger of the success she would have later in 2009 when her debut album, *The Listening*, finally did hit shelves. It was a hit in Canada, peaking at No. 7 on the chart, and also drew ears in the U.S. and U.K.

Critical reaction was more mixed. Some of the positive notices featured a subtly condescending streak — highly respected website All Music compared her to a "Daft Punk-junior dorm room chanteuse" — while others tore into Lights with glee, with NME calling the album "utterly un-listenable" and awarding it a two out of 10 review score.

While *Siberia* wasn't intended as a bid for critical acclaim, Lights knew she wanted to present something with less polish.

"The last record was perfect — I'm not saying it was perfect music, but the production (was)," she said. "Everything was in line, everything was tuned, everything was perfect. It was smooth and beautiful."

"But the new record is imperfect. It's gritty, and it's raw and a lot of it is live."

THE CANADIAN PRESS

PACKET DOYLE/THE CANADIAN PRESS

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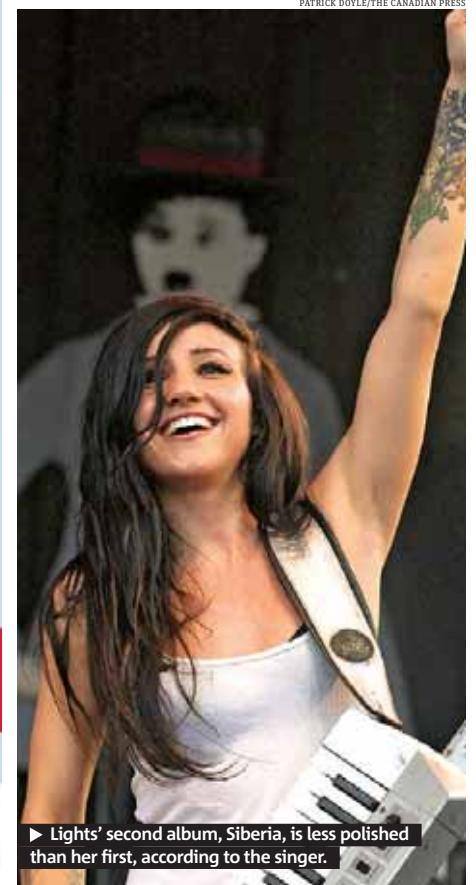
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► Lights' second album, *Siberia*, is less polished than her first, according to the singer.

Harry turning heads in Cali

► British prince creating some buzz during his trip to The Golden State

Prince Harry has been in California less than a week and he's already turned heads on two separate outings, according to People magazine.

First, the prince hit up McP's Pub in Coronado, Calif., for a burger and a beer with some pals.

"He was very personable. He was a nice guy, very low-key," the bar's manager tells the magazine.

"A couple of girls wanted to take pictures but they said no."

Also over the weekend, Harry and about 20 friends hit the rooftop lounge at the Andaz Hotel in San Diego, where they caroused and watched the Rugby World Cup in a private cabana.

● METRO



► Prince Harry

DAVID PARKER, WPA POOL/GETTY IMAGES

Rowland was tired of 'little nuggets'

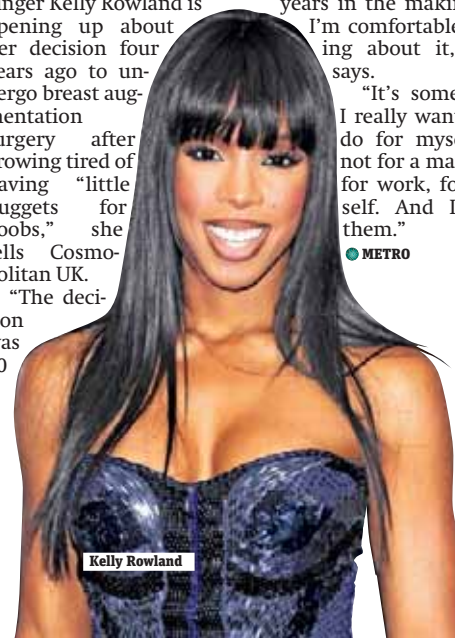
Singer Kelly Rowland is opening up about her decision four years ago to undergo breast augmentation surgery after growing tired of having "little nuggets for boobs," she tells Cosmopolitan UK.

"The decision was 10

years in the making, so I'm comfortable talking about it," she says.

"It's something I really wanted to do for myself — not for a man, not for work, for myself. And I love them."

● METRO



Kelly Rowland



Sharon McIntyre
Clinical Leader, Children's
Heart Centre

Meet Sharon. She is the Clinical Leader at the Children's Heart Centre and has been part of the IWK team for more than 25 years.

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The smoker vs the breathing guru

► Can Alan Dolan, who believes in the power of breathing-as-healing, help our habitual smoker? ► We send her to a 'breathwork' session



**ROMINA
McGUINNESS**

LIFE@METRONEWS.CA

METRO WORLD NEWS IN LONDON

Karin Wertemberg is a 26-year-old who has smoked five cigarettes a day for the last three years. She's tried quitting five times before but it didn't stick. Her habit has left her gasping for air when she walks up the stairs, although she considers herself otherwise healthy. So we sent her to Alan Dolan, a "breathing guru" who claims his "breathwork is a powerful and safe way to infuse the body with much needed oxygen and energy thereby enabling our own (often depleted) healing systems to bring about physical, emotional and/or psychological healing." Maybe he can help her breathe better.

Wertemberg had this to say about her session:

"Alan started by loosening up my back, which felt great. Then I started to feel this tinkling feeling. It started somewhere around the upper chest, going out

in the arms and made my head feel really dizzy. For a brief moment it was like I was on the verge of having an anxiety attack. It was like I couldn't breathe, or like having too much wine in one go. The sensation moved out through the arms and into hands and fingers. I could definitely feel some energy flow going around, which was quite scary. Apparently, it was all my own doing. I was told to hold my hands on the lower abdomen, keep my mouth open and inhale deep to inflate the lower tummy like a balloon, then release.

It was hard to keep the breathing constantly flowing and effortlessly let the air out quickly. The breathing helped me relax and unblock tension in the body. Once it was over I felt relaxed and had a greater sense of center and focus. But the next day I didn't feel much different. I feel no change whatsoever in my lungs.

I've smoked a bit less since the session, possibly because (of) the guru."



► Take a deep breath — cough, cough, cough.

GETTY IMAGES

3

life

Fitness picks

This rub alleviates pain, minus the nasty chemicals.

Active feet

Kiehl's cross-terrain 'dry run' foot cream

An active life means stressed feet. Rub in this dry run foot cream, filled with volcanic extracts, to remove small infections and discomforts caused by perspiration and strain.



Brainwave scanner offers cheat-proof concussion test, aimed at sports leagues



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News 95.7

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Talk therapy for epilepsy

► Treatment seeks to identify the individual triggers for these seizures ► Follow Metro's story of one sufferer

CELIA MILNE
LIFE@METRONews.ca

Trevor Park had his first seizure at age 13 on the way to a Toronto Maple Leafs hockey game. Seizures are scary — they come suddenly and can make people with epilepsy thrash so violently that

they hurt themselves.

All through his teens and early 20s, Trevor continued to have seizures. He was taken to umpteen medical appointments and prescribed one drug after another. He once told his parents that he felt like a science experiment.

As Trevor grew older, he



► Epilepsy sufferers no longer have to live in the dark.

Just the facts

Here are some true and false points from Epilepsy Canada.

- True Epilepsy affects about 0.6 per cent of the Canadian population.
- False Someone having a seizure can swallow his or her tongue.
- False If you see someone having a seizure, you should restrain them.

communicate something important; they get overloaded very quickly. If they know that, they can put it in writing first and discuss it when the pressure is off.

"Vicious cycles have to be broken," she says. "This is what empowers them."

Trevor, now 26, is seizure free and working in sales.

"He has the tools to control his epilepsy and it will be his decision if he is compliant or not," says Novack.

She and Park are hosting a conference starting this Friday, Oct. 14 at the University of Toronto, to promote the innovative epilepsy treatment that helped their son.

is, identifying the triggers, and teaching them ways to bring seizures under control.

"What the patient thinks, feel and does has everything to do with his or her seizure," explains Andrews.

For instance, if patients have damage in the left temporal lobe where language is stored, they are under pressure for having a seizure when trying to

became self-destructive, doing things that he knew triggered seizures — drinking, partying, driving dangerously and working late shifts.

"The low point," his mother Ellen Novack, from Thornhill, Ont., tells Metro, "was when he was drugged 16 hours a day and had no quality of life."

Unable to find a workable solution in Canada, the family travelled to the

Andrews-Reiter Epilepsy Research Center in Santa Rosa, California. Trevor was able to climb out of the darkness of his disease, thanks to a novel approach to epilepsy developed by Donna Andrews, a PhD in neuropsychology and Dr. Joel Reiter, a Harvard-educated neurologist. The approach is based on treating each person as an individual, finding out where the damage

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Healthy People, Healthy Communities

Re-thinking prostate cancer

► New advice against routine prostate test challenges dogma on early detection ► Met with major criticism

Men finally may be getting a clearer message about undergoing PSA screening for prostate cancer: Don't do it. They may not listen. After all, the vast majority of men over 50 already get tested.

The idea that finding cancer early can harm instead of help is a hard one to understand. But it's at the heart of a U.S. government panel's draft recommendation that those PSA blood tests should no longer be part of routine screening for healthy men.

The U.S. Preventive Services Task Force examined all the evidence and found little if any reduction in deaths from routine PSA screening.

But it did conclude that too many men are diagnosed with tumours that never would have killed



them and suffer serious side effects from resulting treatment.

Not all agree with the new approach.

"We all agree that we've

got to do a better job of figuring out who would benefit from PSA screening. But a blanket statement of just doing away with it altogether ... seems over-ag-



gressive and irresponsible," said Dr. Scott Eggen, a prostate cancer specialist at the University of Chicago.

In the exam room, explaining the flaws in PSA testing has long been difficult.

"Men have been confused about this for a very long time, not just men pa-

tients but men doctors," said Dr. Yul Ejnes, who chairs the American College of Physicians' board of regents.

He turned down his own physician's offer of a PSA test after personally reviewing the research.

"There's this dogma ... that early detection saves lives. It's not necessarily

Controversial

The new advice is sure to be hugely controversial. Already some doctors are rejecting it.

► Goes further That recommendation isn't final — it's a draft open for public comment. But it goes a step further than several major cancer groups, including the American Cancer Society, which urges that men be told the pros and cons and decide for themselves. But most major doctor groups agree that they need a better job of figuring out who would benefit.

true for all cancers," Ejnes said.

THE ASSOCIATED PRESS



SIRI STAFFORD/DIGITAL VISION/THINKSTOCK

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The myFinanceTracker tool makes managing your money easier than ever, and it's free with RBC Online Banking. It lets you divide your banking and credit card transactions into expense categories, like "groceries" or "travel," which you can customize. Each category has a maximum spending limit, set by you. If you exceed your maximum transaction budget, or fall below your designated minimum account balance, myFinanceTracker lets you know.

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Professionals face life crisis

► Dr. Mehmet Oz speaks to Metro about a health issue affecting the young white collar class ► Get connected



MEREDITH ENGEL
LIFE@METRONEWS.CA

Dr. Mehmet Oz takes some time away from filming season three of The Dr. Oz Show to answer one big question for us.

What do you think is the biggest health crisis facing young professionals?

There's no question that there's a massive problem with loneliness. And I know that sounds like a weird first step. I could have picked obesity, which is a huge problem among the young but less so than it is as you get older. And I could have picked stress, but I think the main rea-

son stress is such an issue for so many young professionals because of loneliness that so many feel. And I think social networks have attempted to bring back the connections, but I don't think (they've) really addressed it like (they need) to. What helps us



► Dr. Mehmet Oz

make sense of suffering and discomfort is the people in our lives. They define our lives. And so if you're a young professional in America and you're having difficulty connecting, then you have less of a social network that supports you as these crises points hit us. Loneliness is across the globe a big issue. And I think, especially for the young generation, they're going to have to find those tools (to fight it.) It's not going to come through social networks by itself. It's going to take more than that.

Best Health Minute



BONNIE MUNDAY,
EDITOR-IN-CHIEF,
BEST HEALTH
MAGAZINE

Four foods that fight

breast cancer There are some 23,000 new cases of breast cancer in Canada each year, but what you eat can be an important tool in lowering your risk. Here are some examples, rounded up by registered dietitian Matthew Kadey.

Mushrooms: A recent study found that higher mushroom intake by premenopausal women resulted in a lower risk of breast cancer. Add them to scrambled eggs and stir fries, and chop them finely and add to ground meat for burgers or meatloaf.

Pomegranate: The seeds (also called arils) are high in ellagic acid, an antioxidant that may help inhibit breast cancer development. You can garnish oatmeal or rice with the seeds, or add pure pomegranate juice to smoothies or

stave off breast cancer. Try them in tacos, or toss them with pasta and chopped fresh vegetables for an easy weeknight dish.

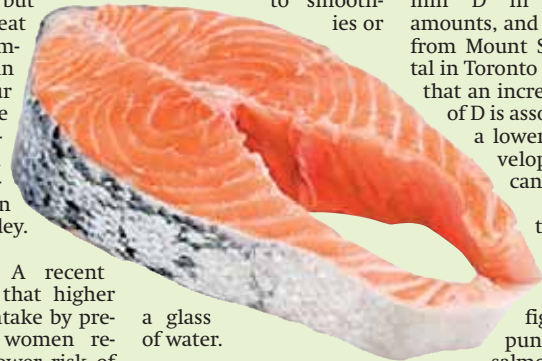
Salmon: It's one of the few foods to contain vitamin D in significant amounts, and researchers from Mount Sinai Hospital in Toronto determined that an increased intake of D is associated with a lower risk of developing breast cancer.

Make tonight's dinner a quadruple disease-fighting punch: Grill a salmon steak and have it with a lentil-pomegranate-mushroom stir fry on the side.

a glass of water.

Lentils: Not only are these budget friendly and really easy to cook with, they are loaded with folate, fibre and lots of other nutrients that may help

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LUNCH RUSH

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A lovely aroma greets us as we enter Gingergrass.

It's Friday lunchtime and the place is packed. A server greets us and promptly brings water and our requested pot of green tea.



We order Everyday Specials (\$7.95). Vermicelli with Spring Rolls is served with bean sprouts, lettuce and cucumbers, and garnished with fried onion, fresh cilantro, crushed peanuts and the eatery's own Vietnamese fish sauce.

The vegetarian spring rolls — chopped up on top — have ground tofu, carrot, glass noodles, onion, taro and mung bean and are crispy and flavourful.

It's a filling and tasty dish, but cools quickly.

Pho — Rice Noodle Soup with Beef, garnished

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with bean sprouts, green onion and cilantro — is steaming hot and has more of a kick. What flavour. A side dish of Meat Spring Rolls (two for \$4.95) with ground pork instead of tofu, complete the satisfying meal.

It's no wonder at all that this place is hopping.

Mushroom & Squash Bisque



Preparation:

1 In microwaveable bowl combine butter, onion, carrot, mushrooms and squash. Cover; microwave high, 10 mins. or until vegetables tender, stirring once. Transfer half vegetables and half broth to blender; purée until smooth. Repeat with remaining vegetables and broth. Return to bowl; stir in milk and microwave on high 7 mins. or until heated through. Garnish with sour cream swirl and

basil. NEWS CANADA

Ingredients:

- 1 tbsp (15 mL) butter
- 1 cup (250 mL) each chopped onion and carrot
- ½ lb (250 g) sliced fresh white mushrooms
- 2 cups (500 mL) peeled, cubed squash
- 3 cups (750 mL) chicken broth
- 1/2 cup (125 mL) evaporated milk
- ½ tsp (2 mL) salt
- Garnish: Sour cream and basil leaves (optional)

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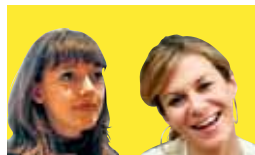
DEAF OR NOT, CONFIDENCE IS THE KEY TO PICKING UP

Dear Andrea and Claire, I'm a good-looking deaf man who enjoys going to pubs and nightclubs. I can't hear or speak clearly, but I can read lips fairly well. Very few women I meet know sign language, but I don't only look for someone who can. When I go out, I get attention from women, but I'm not able to ask them for a dance or offer to buy a drink. Do you think that women are afraid to talk to deaf men? Deaf Romeo

Claire: Dear Deaf Romeo, You sound like you have something that many hearing men don't, and that is courage. Most of the population finds it hard to meet people in pubs and nightclubs — these are loud, noisy places that don't necessarily bring out the best in people.

Why not try and meet

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONews.CA

someone while you're doing something you love?

Not only will you increase your chances of meeting a woman with whom you have something in common, but she'll see you at your best, and as an expert at something.

Your deafness may not seem so important once she's seen how well you bowl/rock-climb/paint ...

Please write to us again and let us know how it goes!

Andrea: Dear Deaf Romeo, In my experience with the male pick-up artist, appearances and even personality do not determine success.

Deaf or not, the main reason guys fail miserably in meeting women is often due to a lack of confidence.

Guys who are assertive usually get the girl.

And don't forget that a lot of the communication between a man and a woman is transmitted wordlessly.

So perhaps you need to look at how you see yourself — are you as confident as you would like to be perceived, and how much of a handicap do you see your deafness being?

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

Date Night



► Forget about an island resort. Instead, try a fancy hotel in your own city.

Ideas for your next date

1 Dive in!

Can't afford a fancy beach getaway? Pretend at a local hotel. Fancy yourself at that exclusive couples resort by booking a pool day pass at a high-end hotel in your city. Swim, sip cocktails, smooch. Repeat.

2 Make a song together

Write your own sweet tune. You don't have to be John Lennon and Yoko Ono to enjoy this date night idea. Borrow a friend's guitar or keyboard and pluck away at a mushy song that speaks to your special love.

3 A ducking good time

Pick up a loaf of bread

at the store and head to your local park to feed the ducks. Your partner's inner child will be out quicker than you can say "quack"! Also cool: This feel-good date costs next to nothing.

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ON MONEY

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MONEY@METRONEWS.CA



With the Canadian market officially in bear territory last week, down 20 per cent for the year, and global markets not far behind, many investment statements are looking pretty ugly.

Where on earth can we find a safe haven to ride this one out? I have one. Cash.

Having a portion of your portfolio in cash investments, like GICs, offers a guaranteed return that helps keep your portfolio afloat. Inside a TFSA or RRSP you won't pay tax on the income.

Because rates are so miserably low it pays to



comparison-shop.

For example, at my bank brokerage the best rate for a one-year GIC issued by the bank was 0.9 per cent last Friday. But there's a little known alternative called third-party GICs.

They are issued by other financial institutions such as credit unions and also available through your brokerage. The top

one-year rate I found was 1.75 per cent for an AGF Trust GIC. There is less difference for longer maturities like three and five years.

Treat GICs as a fixed term investment and plan to hold them until they mature, otherwise you will lose some or all of your interest.

There are cashable GICs but they offer lower



interest rates.

Another option I really like is the only Canadian money market exchange traded fund (ETF.)

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STUDYING STUDY HABITS

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IT TAKES TIME AND EFFORT TO PREPARE FOR YOUR POST-SECONDARY EXAMS

Many students get the midterm blues because they are overwhelmed by the looming midterm exams.

Jackie Stewart, a chemistry instructor at the University of British Columbia, says the first problem she encounters is students who “can’t” learn a subject like chemistry. “They need to have the right attitude and think they can learn the material,” she says.

If you struggled in a subject previously, you will find it difficult in the future — but you will find it harder if you approach with defeat in your eyes.

Next up is the cognitive aspect — how you think about the material. Stewart advises learning what the criteria are for the test or assignment.

Check out the class’s learning objectives or sample exams and focus on that material. If that isn’t available, just ask the instructor if you are studying the correct material.

“I see far too many students just reading over their

MANAGE TIME WISELY

Heather Graham, student academic adviser at Mount Saint Vincent University, says going to university from high school requires developing strong time management skills. “In high school, they’re not on their own,” she says, because teachers and parents play a bigger support role. At university, you’re largely on your own. “We offer a lot of these (time management) sessions for students and they procrastinate and don’t go,” she says. Sign up today.

notes or textbooks and thinking, ‘I’m ready because I read all of this stuff,’ and they weren’t actually practising on the same kinds of tests that they’re going to be given on the exam,” she says.

Connect the new material to what you already

know via “concept maps” that brainstorm how, say, electro felicity relates to nuclear felicity. Summarize the info and then write down everything you know related to the key concept.

The process takes you to understanding from remembering.

The last big step is knowing what you know. “All people are really bad at this,” Stewart says.

Look at past tests and take it as evidence of what you don’t know. Learning should be plowing into new territory, so you should feel challenged as you study.

Lana Hastings, vice-president of student services at the University of Winnipeg, says its Take Five program urges students to take breaks to avoid burning out.

For the material itself, Hastings advises seeking help. Student associations often offer free tutoring with senior students.

— Jon Tattrie

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RELATING HANDS-ON CONCEPTS TO STUDIES

Saint Mary's University's Living Learning philosophy can give students a head start on their dream careers.

For finance and entrepreneurship student JP Leroux, it meant \$50,000 and a chance to work on a real smartphone app.

He won the award money came at prestigious Next36's competition. "I was speechless," he says. "I was so excited and honoured to have been considered one of the most entrepreneurial students in Canada."

"Next36 allowed me to relate to concepts in my studies. It taught me lessons that can only be learned from running your own business," he adds.

The truth about fourth-year science student Ashley Jollie is that she was interested in lying — the science of lying, to be precise. If you're caught lying, are you more or less likely to lie again? How soon? How does the very fact that your lies are exposed affect your probability to lie?

"My research involves connecting brain activity, which is observed

FINDING THE HOTTEST BARS

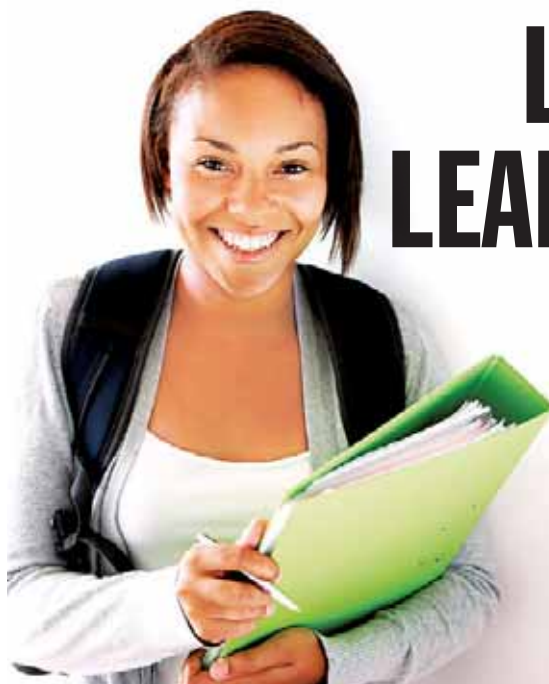
Finance and entrepreneurship student JP Leroux's real-world success led him to create the Electric Courage app, available at Electriccourage.com. The app aims to take care of your night out. A "Heat Map" shows the hottest bar of the night and a stream of flirty e-chats coming from the club. It also shows you who else has checked in and allows you to e-flirt to continue those across-the-bar smiles.

by using an EEG and a certain behaviour," Jollie explains. "The EEG is able to pick up neural activity in the prefrontal cortex."

Her Living Learning experience took her ideas out of pure theory and into the lab.

"The critical thing about hands-on experience is that you learn a lot more this way than reading a textbook alone," she says.

LIVING LEARNING



ISTOCKPHOTO/THINKSTOCK

SAINT MARY'S OFFERS LIVELY EXPERIENCES

Many university students are hungry for real-world experiences and Saint Mary's University feeds that by offering lively experiences inside and outside of the classroom. The university calls it Living Learning and it matches classroom learning with hands-on experience in their field of study.

Jessica Campbell, a third-year honours physics student, is working on developing and designing an electron detection and tracking system.

For Campbell, part of the allure of this work is that she gets to put theory to practice. "Working in a physics lab has given me a great appreciation of the underlying science that I have studied," she says. "Building systems that can make measurements that can validate underlying theories is quite a challenge."

Ashley Dawson is studying for her Bachelor of Arts degree and intends to pursue a Master of Arts in Political Science. Dawson's real-life experience at Saint Mary's took her to the Model UN at her own university — and then to the prestigious Model UN in New York.

ENHANCING CAREER OPTIONS

Studying in the classroom plus hands-on experience can greatly enhance learning and step up your resumé. "I feel like this experience will provide me with many career options," says physics student Jessica Campbell.

Ashley Dawson says her experience at the Model UN in New York will help her in her long-term career goal of finding work as an adviser to government. "Every professor in my department went above and beyond in trying to ensure my success," she says.

"It was amazing to be able to put myself in the place of decision-makers. To be able to use what I had learned in the classroom fundamentally helped shape my understanding of this great institution," she says.

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THE HALIFAX PELHAM MOLSON CANADIANS EVENED THE NOVA SCOTIA SENIOR BASEBALL LEAGUE BEST-OF-SEVEN FINAL AT TWO GAMES APIECE YESTERDAY WITH A 9-2 WIN OVER DARTMOUTH MOOSEHEAD DRY AT MAINLAND COMMON. BRANDON DEVLIN KNOCKED IN THREE RUNS WITH A TRIPLE AND HALIFAX SCORED SIX RUNS IN THE SIXTH. WINNING PITCHER MARK HAVERSTOCK, PICTURED, WAS STRUCK IN THE FACE WITH A LINE DRIVE IN THE EIGHTH INNING AND SUFFERED A BROKEN JAW AND CHEEKBONE. GAME 5 IS THURSDAY AT 7:30 P.M. AT BEAZLEY FIELD.



Scan code for more sports.

Cote breaks out as Herd streak hits three

The Halifax Mooseheads plucked Alexandre Cote off waivers in August hoping he could produce offence. Ten games later, he rewarded them.

The 19-year-old left-winger scored twice and added a pair of helpers to earn first-star honours in the Mooseheads' 6-4 win over the Cape Breton Screaming Eagles on Sunday at the Metro Centre.

It was a breakthrough game for Cote, who was goalless with just one assist



Alexandre Cote

in nine previous games.

"It's definitely a little weight off your shoulders

and a little pressure is off too," Cote said. "I finally showed the coaching staff I can contribute offensively to this team."

Although this is Cote's first QMJHL season, the six-foot, 198-pound native of Dollard des Ormeaux, Que., has a track record as a point-producer. He won the Quebec Junior AAA Hockey League scoring title last season, producing 99 points in 49 games with the Joliette Traffic.

"It's definitely an adjust-

ment here," Cote said. "Everything's a lot faster. Guys are smarter, bigger, stronger ... but I think I can do the job contributing offensively."

Cote's performance helped the Mooseheads improve their first winning streak of the season to three games, leaving them tied for eighth in the QMJHL with a 6-4 record.

"I hope it's a sign of things to come," Cote said. "It's definitely a confidence booster." ● MATTHEW WUEST

Abeltshauser

earns weekly nod

Halifax Mooseheads defenceman Konrad Abeltshauser has been named the QMJHL's second star of the week.



He had two goals and five assists in three Mooseheads victories.

Creighton back at centre stage



Saint Mary's quarterback Jack Creighton may have done enough against the X-Men to earn a start.

► Huskies demolish X-Men 40-16 to improve to 4-1 ► QB change turns 7-3 lead into blowout ► Reigning AUS MVP Taylor busts loose for three TDs, 167 total yards



MATTHEW WUEST
@METRONEWS.CA

Jack Creighton has played himself back into the Saint Mary's Huskies' quarterback picture.

The fourth-year pivot, back with the Huskies after quitting the team last season, took over for highly-touted rookie Jesse Mills early in Friday's 40-16 trouncing of the visiting St. Francis Xavier X-Men and threw for 263 yards and three touchdowns on 15-of-21 passing.

The win clinches an Atlantic University Sport playoff spot for the 4-1 Huskies, while Creighton may have earned himself a start against the X-Men on Saturday at 2 p.m. in Antigonish.

"We're still debating

QB Legault

lost for season

Jean Legault, the Huskies' fourth-string quarterback who was in Friday's game as a defensive back, broke his tibia and fibula and suffered an undetermined amount of ligament damage and will miss the rest of the season.

that a little bit, but absolutely, he's had a couple of good weeks of practice, and that says a lot," said Huskies head coach Steve Sumarah. "Guy practises well and gets rewarded for it."

Mills, a Halifax native who rushed for the first major of the game, had completed just three of nine passes for 30 yards

and a pick when Creighton took over just 2:10 into the second quarter.

"I just felt like we were struggling out there and missing some easy things," Sumarah said. "That happens with a young quarterback."

Creighton, whose father Adam is a former NHLer, has 12 university starts to his credit but quit the team last season when Micah Brown took the No. 1 job. Since returning in the summer, Creighton has had a "fantastic" attitude and work ethic, Sumarah said.

"He came back and saw an 18-year-old starting, but he put his head down and worked hard," Sumarah said. "Because of that, I think the guys respect him a lot for what he's been doing."

Rainmen down to a dozen at camp

It didn't take long for the Halifax Rainmen to downsize their roster.

Since training camp opened on Friday, Halifax's roster has shrunk from 17 to 12, with forward Joel Webb and guards Tony Stockman, Milton Burton, Jason Smith and Jerrell Thompson all sent packing.

With the regular season still a few weeks away, the Rainmen are planning to bring in more talent.

"We've got to get better for sure," said owner Andre Levingston. "Coach and I are on the phone with agents and players, and we have some spots to fill."

● MATTHEW WUEST

Still hanging

around Halifax

Rainmen roster (x-denotes signed player):

► G x-Taliek Brown, G Christian Upshaw, G Papa Oppong, G Daryl Dorsey, G Earl Rabb, G/F Danny Friend, F x-Rodney Buford, F x-Eddie Robinson, F Eric Crookshank, F Lawrence Wright, F Abdullahi Kuso, C x-DeAndre Thomas

JUBILEE TROPHY

Dunbrack bring back a bronze

Halifax Dunbrack has captured its third medal in as many years at the Jubilee Trophy Canadian senior women's soccer championship.

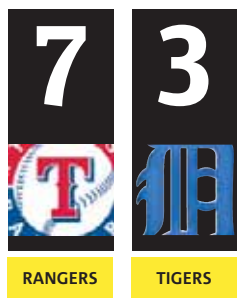
Dunbrack, which won a gold medal last year

and bronze in 2009, picked up another bronze yesterday with a 2-1 win over Edmonton Victoria in the third-place game in Brossard, Que. Surrey (B.C.) United won gold. In men's Challenge Trophy action, Halifax's Suburban FC faced Quebec's Mont-Royal Outremont in the fifth-place game and came away with a 1-0 victory. Saskatchewan's HUSA Alumni won gold.

● METRO

Tigers drop another one

► Rangers win with 11th-inning grand slam to take 2-0 lead in AL championship series



Nelson Cruz hit the first game-ending grand slam in post-season history, lifting the Texas Rangers over the Detroit Tigers 7-3 in 11 innings last night for a 2-0 lead in the AL championship series.

Cruz also hit a tying home run in the seventh inning. His second homer of the game was a high drive to left field off Ryan Perry with nobody out in the 11th, and came after a misplay in the Detroit outfield loaded the bases.

Cruz connected for the fourth grand slam in the playoffs this year. Ryan Roberts and Paul Goldschmidt of Arizona and Robinson Cano of the Yankees also hit them.

STATS LLC confirmed that Cruz's shot was the first slam to end a post-season game — with a post-script. Robin Ventura sent a tiebreaking drive over the fence to finish a New York Mets victory against Atlanta in the 1999 NLCS,



► Detroit's Andy Dirks misses a single by Texas' Mike Napoli in the 11th inning as Austin Jackson backs him up.

but was swarmed by teammates between first and second.

Ventura never made it around the bases and was officially credited with a single. His 15th-inning drive for a 4-3 Mets win in Game 5 came to be known as "the grand slam-single."

The Tigers and Rangers

both blew bases-loaded chances in the ninth. Texas shortstop Elvis Andrus made a juggling, over-the-shoulder catch in shallow centre field on a flare by Victor Martinez, cradling the ball against his chest to end the inning. Andrus and Texas part-owner Nolan Ryan

each flashed a sheepish smile.

In the Texas ninth, Detroit first baseman Miguel Cabrera started and ended a nifty double play on Mitch Moreland's sharp grounder. David Murphy hit a flyball to shallow left for the first out, keeping the bases loaded.

Texas relievers combined for 8½ scoreless innings, starting the string shortly after Ryan Raburn's three-run homer off starter Derek Holland put the Tigers ahead 3-2 in the third.

Game 3 is tonight in Detroit.

THE ASSOCIATED PRESS



Als' Calvillo sets yards mark for all of football

From a training camp try-out in a parking lot with a team called the Las Vegas Posse to becoming the all-time passing leader in the Canadian Football League, Montreal Alouettes quarterback Anthony Calvillo can only look at his career and think: "Wow."

The 18-year veteran made history in spectacular fashion yesterday when his 50-yard toss and run touchdown to Jemal Richardson clinched a 29-19 victory over the Toronto Argonauts.

Calvillo, 39, went into the game needing 258 yards to break Damon Allen's all-time record of 72,381 yards. He eclipsed it in the third quarter on a short toss to Richardson who broke a tackle for the touchdown.

"The play before, I happened to see the big screen where they showed it was 45 yards I needed," an emotional Calvillo said later. "When he broke the tackle I thought this might be it, so I was running down."

"I was excited because we were struggling offensively and needed to score, but then it kind of sank in that this was the pass that broke the record."

Calvillo went 26 for 38 for 305 yards to bring his career total to 72,429.

There were taped tributes on the scoreboard from some of the sport's best quarterbacks, including Warren Moon, who threw for 70,553 yards in both the CFL and the NFL, Dan Marino who passed for 61,361 in the NFL and Allen.

Brett Favre is the NFL's all-time leader in passing yards with 71,838.

THE CANADIAN PRESS

NBA boss axes first two weeks of season

NBA commissioner David Stern cancelled the first two weeks of the season yesterday after owners and players were unable to reach a new labour deal and end the lockout.

Top negotiators for both sides met for more than seven hours yesterday, returning to bargaining about 14 hours after ending talks Sunday night.

Stern said both sides are "very far apart on virtually all issues. ... We just have a

\$350M

A union estimate of how much players would lose during each month of a lockout.

gulf that separates us."

The cancellation includes all games scheduled to be played through Nov. 14.

"Despite extensive efforts, we have not been able

to reach a new agreement with the players' union that allows all 30 teams to be able to compete for a championship while fairly compensating our players," NBA deputy commissioner Adam Silver said.

Owners locked out the players July 1 when they couldn't reach a deal before the expiration of the old collective bargaining agreement. Opening night was scheduled for Nov. 1.

THE ASSOCIATED PRESS

TEBOW OR NOT TEBOW?

Broncos to reveal starting QB today

John Fox is going to wait a day to announce his starting quarterback.

The Denver Broncos coach gave his players the day off yesterday and didn't want to let everyone else know before Tim Tebow or Kyle Orton finds out.

Tebow replaced Orton and energized the Bron-

cos and their fans before coming up short in a 29-24 loss to San Diego on Sunday.

Despite his flawed footwork and trouble handling the snaps from centre J.D. Walton, Tebow threw for a touchdown and ran for another in nearly erasing a 16-point fourth-quarter deficit.

Fox insisted he didn't even know himself who his quarterback will be. He said he would meet with his staff and review the film yesterday, then reveal his decision when his players reconvene today.

THE ASSOCIATED PRESS

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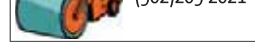
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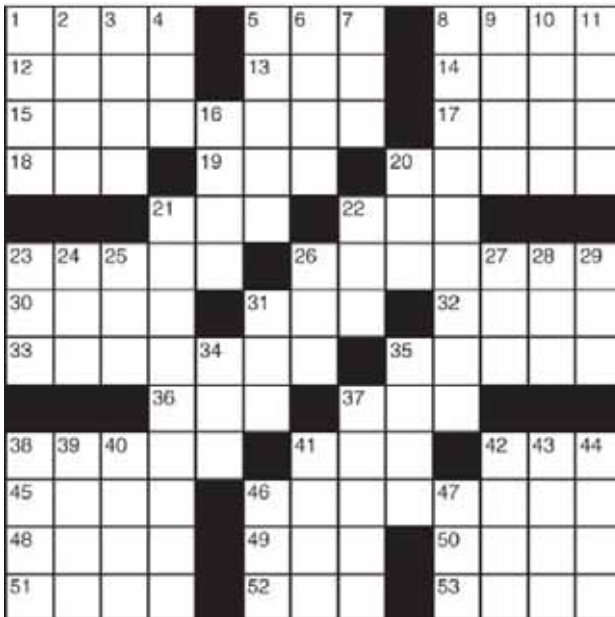
Crossword

Across

- 1 Sculpting medium
- 5 1/6 fl. oz.
- 8 "— on first?"
- 12 Tittle
- 13 — carte
- 14 Apiary structure
- 15 Jungle-like
- 17 Persia, now
- 18 Shriek bark
- 19 Cage component
- 20 Refine ore
- 21 Cauldron
- 22 Two, in Tijuana
- 23 Chef's garb
- 26 Broadway presentation
- 30 Authentic
- 31 14-Across dweller
- 32 "The Da Vinci —"
- 33 Like sorcery
- 35 "Humpty Dumpty — a wall"
- 36 Yank
- 37 Aviv lead-in
- 38 Denude
- 41 Dopey companion?
- 42 "I — Camera"
- 45 Ice cream shop abbr.
- 46 Upright
- 48 Sills solo
- 49 Type measures
- 50 Bride's concealment
- 51 Think (over)
- 52 Sticky stuff
- 53 Whirling water

Down

- 1 Urban area
- 2 Actress Loughlin
- 3 On



- 4 Mouth, slangily
- 5 Implied
- 6 Thick chunk
- 7 Chum
- 8 Capricious
- 9 Employ
- 10 Elliptical
- 11 Faxed or emailed
- 16 Pressing need?
- 20 "Help!"
- 21 Governmental
- 22 Payable
- 23 Branch
- 24 Pod occupant
- 25 Tatter
- 26 Funnyman Brooks

- 27 Barracks bed
- 28 Commotion
- 29 Author Deighton
- 31 Satchel
- 34 Coffee holder
- 35 Denomination
- 37 Human trunk
- 38 Con game
- 39 Via, for short
- 40 Disturb
- 41 Showroom sample
- 42 Scored 100 on
- 43 Hotel staffer
- 44 Partner in crime
- 46 — out (relax)
- 47 "— Got a Se-

cret"

► Friday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ►

5	1	4	8	7	3	9	6	2
8	3	7	2	9	6	1	5	4
9	6	2	4	1	5	7	3	8
6	8	5	9	2	1	4	7	3
2	7	9	3	5	4	8	1	6
1	4	3	6	8	7	2	9	5
4	5	1	7	3	2	6	8	9
7	9	6	5	4	8	3	2	1
3	2	8	1	6	9	5	4	7

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

girl
Thank you for such a beautiful weekend. You know, when you asked me what I was most thankful for, I made a stupid joke.. but the truth is, what I'm most thankful for more than anything, is our love. It will flourish for as long as the second hand ticks. You are mine for all of time.

FROM YOUR GUY

Matt
I still think about you all the time. I hope I get to see you on Monday if not have a good Thanksgiving.

FROM R

O hi
Happy dolphins n rainforests said hi to you:) LOL..look after yourself pl. Thanks for being so wonderful

FROM CHEERS

Today's horoscope

♈ **Aries** March 21-April 20 Some people believe that might makes right, but you know better.

♉ **Taurus** April 21-May 21 The important thing now is knowing when to work with other people and when to work against them.

♊ **Gemini** May 22-June 21 You could win big today, but you could just as easily lose everything. Think before you act.

♋ **Cancer** June 22-July 22 Employers and other important people can see you mean business. That's good.

♌ **Leo** July 23-Aug. 23 You will be

easily provoked today, especially if you think that someone is taking liberties at your expense.

♍ **Virgo** Aug. 24-Sept. 22 Stick to your principles, even if by doing so you lose out financially.

♎ **Libra** Sept. 23-Oct. 23 Some individuals will be difficult to get along with today but you can make things easier for yourself by refusing to get involved in fights or feuds that serve no purpose.

♏ **Scorpio** Oct. 24-Nov. 22 Something will happen today that takes other people by surprise, but you saw it coming.

♐ **Sagittarius** Nov. 23-Dec.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♑ **No one** expects you to be perfect, so don't expect it of yourself. You may have to hold up your hand and admit you made a mistake, but what of it?

♒ **Capricorn** Dec. 22-Jan. 20

You will have to deal with other people's bullying tactics today.

♓ **Aquarius** Jan. 21-Feb. 18 Do not allow minor events to upset you emotionally. Surround yourself with happy people.

♈ **Pisces** Feb. 19-March 20. If you splash out on a whim now you are sure to regret it when the bills come due at the end of the month.

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Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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